

Tribal Level II Glossary

Accented head slides: squeeze muscles on the side of the neck quickly to slide head slightly to one side

Accented hip bumps: shift your weight from side to side so your hips swing out and make a “u” shape, squeeze your glute muscles alternately

Accented hip lifts: alternately squeeze your glute muscles as you lift one hip, then the other

Accented hip slides: slide hips to the side quickly, squeezing obliques to stop movement sharply

Accented hip twists: tighten your glute muscles and oblique muscles when you twist your hip forward

Accented omi diamond: squeeze one glute muscle, then squeeze the lower abs to do a pelvic tuck, squeeze to opposite glute muscle, then squeeze lower back to do a pelvic drop

Accented pelvic tucks and drops: squeeze lower abs sharply to tuck, squeeze lower back to drop

Accented rib cage box: slide rib cage to the side, push rib cage forward, slide rib cage to the other side, push rib cage back

Accented rib cage forward and back: squeeze upper back muscles to push rib cage forward, upper ab muscles to pull rib cage back

Accented rib cage lift and drop: squeeze upper back muscles to lift rib cage, upper ab muscles to drop rib cage

Accented rib cage slide: slide rib cage to the side and squeeze upper oblique muscles to stop movement sharply

Accented shoulder box: sharply push shoulder forward, then up, then back, then down

Accented shoulder lift/drop: squeeze shoulders up to ear and drop them (this can be both shoulders together or alternating)

Accented shoulder thrust: push shoulder forward sharply

Accented weighted hip lifts/drops: use sharp glute squeezes to propel hip up/down

Accented weighted hip drops out: slide hip out and squeeze opposite glute muscle

Belly pops: push ab muscles out quickly, then contract in quickly

Belly rolls: pull upper ab muscles in, then roll contraction down to lower abs, pull lower abs in while pushing upper abs out, and release. To reverse, pull lower ab muscles in, then roll contraction up to upper abs, pull upper abs in while pushing lower abs out, and release.

Clack: hit the zills together and hold them together for a moment so that they cannot vibrate and “ring”

Down to up body undulation stepping from foot to foot: as you contract your lower ab muscles, shift one foot forward

4 pt turn: step RL to face stage R, RL to face back, RL to face stage L, RL to face front

Glute squeezes: keeping all other muscles relaxed, squeeze your glutes one at a time, making sure to relax one side fully when the opposite is squeezing

Head circle: a horizontal circle made by sliding the head to one side, pushing it forward slightly, sliding it to the other side, and pulling it back

Hips on the down: as you shift weight onto one foot, that hip goes down

Ring: the default zill hit – hit the zills together and then pull them apart quickly so that they vibrate

Sagittal pelvic wheels: can go either direction: contract the lower ab muscles, push the pelvis forward, bend the knees and release the pelvis, push pelvis back, or bend knees, contract the lower back, push pelvis forward, contract and straighten knees, push pelvis back

Sagittal rib cage wheel: can go either direction: rib cage arch, rib cage lift, rib cage contract, rib cage drop, or rib cage contract, rib cage lift, rib cage contract, rib cage drop

Tek: hit the edge of one zill into the bowl of the other to make a small, light noise

$\frac{3}{4}$ shimmy on the down: bring one foot off the ground and squeeze the obliques on that side to lift it up, let it drop, lift it up again, and then drop the hip while stepping onto that foot

3 step turn: turning clockwise, step R (R toes point to R), step L to face back, step R to face forward, touch L toe, turning counterclockwise, step L (L toes point to L), step R to face back, step L to face forward, touch R toe

Tornado turns: cross one foot as far as possible over the other and “unwind” feet to turn around

Tribal undulations: for up to down: contract upper back to lift rib cage, tilt rib cage back, belly roll up to down with small pelvic tuck, release, for down to up: contract lower abs (can include a small pelvic tuck), belly roll down to up, contract upper back to lift rib cage

2 pt turn: imagine a clock on the floor around you. Step forward onto 12 o'clock with R, step L in place and pivot on the balls of your feet counterclockwise to face 6 o'clock, step forward onto 6 o'clock with R, step L in place and pivot on the balls of your feet counterclockwise to face 12 o'clock (you can also do this move stepping onto 12 and 6 with the L foot, turning clockwise, or stepping onto any two points that are directly across from each other (3 and 9, 4 and 10 etc)

Up to down body undulation stepping from foot to foot: as rib cage pushes forward, step onto one foot, as it contracts back, step onto other foot